

Please amend the claims as follows:

1. (previously presented) An oil-cooked or baked potato which comprises 3 to 50 wt.% of an oil or fat composition comprising 2 wt.% or less of a monoglyceride and 15 wt.% or greater but less than 50 wt.% of a diglyceride having, as a constituent fatty acid, 15 to 100 wt.% of an  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms.

2. (original) The oil-cooked or baked potato of claim 1, wherein said  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms is  $\alpha$ -linolenic acid.

3. (previously presented) The oil-cooked or baked potato of claim 1, wherein said oil-cooked potato is selected from the group consisting of potato chips or fried potatoes and a mixture thereof.

4. (previously presented) The oil-cooked or baked potato of claim 1, wherein said oil or fat composition contains 20 to 40% of said diglyceride.

5. (previously presented) The oil-cooked or baked potato of claim 1, wherein said  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms is present in an amount of 20 to 80% by weight.

6. (previously presented) The oil-cooked or baked potato of claim 1, wherein at least 70% of all of said constituent fatty acids of said diglyceride are unsaturated fatty acids having 3 or less carbon-carbon double bonds.

7. (previously presented) The oil-cooked or baked potato of claim 1, wherein said oil or fat composition further comprises an antioxidant.

8. (withdrawn) A method of preparing an oil-cooked or baked potato comprising heating a potato in contact with an oil or fat composition, wherein said oil or fat composition comprises 2 wt.% or less of a monoglyceride and 15 wt.% or greater but less than 50 wt.% of a diglyceride having, as a constituent fatty acid, 15 to 100 wt.% of an  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms.

9. (previously presented) The oil-cooked or baked potato of claim 1, wherein at least 70% of all of said constituent fatty acids of said diglyceride are unsaturated fatty acids having 3 or less carbon-carbon double bonds.

10. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is an oil-cooked potato comprising said oil or fat composition in an amount of 3 to 50% by weight.

11. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is an oil-cooked potato comprising said oil or fat composition in an amount of 5 to 40% by weight.

12. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is an oil-cooked potato comprising said oil or fat composition in an amount of 10 to 35% by weight.

13. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is a baked potato comprising said oil or fat composition in an amount of 5 to 40% by weight.

14. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is a baked potato comprising said oil or fat composition in an amount of 10 to 30% by weight.

15. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is a baked potato comprising said oil or fat composition in an amount of 7 to 25% by weight.

16. (previously presented) The oil-cooked or baked potato of claim 1, wherein said potato is a baked potato comprising said oil or fat composition in an amount of 7 to 18% by weight.

17. (withdrawn) The method of claim 8, wherein said potato is selected from the group consisting of raw potato and mashed potato.

18. (withdrawn) The method of claim 8, wherein said heating is by cooking said potato is said oil or fat composition.

19. (withdrawn) The method of claim 8, wherein said heating is by baking said potato in contact with said oil or fat composition.